

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 9: Top Ten Most Commonly Consumed Fruits and Vegetables (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category:

Fruits							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Orange Juice	Apples	Orange Juice	Apples	Orange Juice	Orange Juice	Bananas
2nd	Apples	Orange Juice	Apples	Orange Juice	Fruit Juices	Apples	Apples
3rd	Bananas	Bananas	Bananas	Bananas	Oranges	Apple Juice	Strawberries
4th	Apple Juice	Apple Juice	Strawberries	Fruit Juice	Apples	Bananas	Orange Juice
5th	Strawberries	Strawberries	Fruit Juices	Apple Juice	Strawberries	Fruit Juices	Grapes
6th	Fruit Juices ¹	Fruit Juices	Oranges	Applesauce	Bananas	Strawberries	Apple Juice
7th	Oranges	Oranges	Apple Juice	Strawberries	Apple Juice	Oranges	Fruit Juice
8th	Grapes	Grapes	Peaches	Oranges	Grape Juice	Peaches	Oranges
9th	Peaches	Peaches	Grapes	Peaches	Grapes	Grapes	Watermelon
10th	Applesauce	Applesauce	Applesauce	Grapes	Peaches	Pears	Peaches
Vegetables							
Rank	State Total	Boys	Girls	White	African-American	Latino	Asian/Other
1st	Green Salad ²	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad	Green Salad
2nd	Tomato Sauce ³	Corn	Carrots	Tomato Sauce	Green Beans	Tomato Sauce	Tomatoes
3rd	Carrots	Tomato Sauce	Tomato Sauce	Carrots	Corn	Corn	Carrots
4th	Corn	Carrots	Corn	Corn	Tomato Sauce	Carrots	Bell Peppers
5th	Non-Fried Potatoes ⁴	Veggies on Sandwich/Taco	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Green Beans
6th	Veggies on Sandwich/Taco ⁵	Non-Fried Potatoes	Non-Fried Potatoes	Non-Fried Potatoes	Carrots	Non-Fried Potatoes	Potatoes
7th	Green Beans	Green Beans	Veggies on Sandwich/Taco	Veggies on Sandwich/Taco	Non-Fried Potatoes	Green Beans	Broccoli
8th	Broccoli	Broccoli	Broccoli	Broccoli	Coleslaw	Broccoli	Mixed Vegetable Juice
9th	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Mixed Vegetables	Lettuce	Corn
10th	Green Peas	Lettuce Green Peas	Green Peas	Green Peas	Broccoli Vegetable Soup/Stew	Green Peas	Tomato Sauce Cabbage

¹Fruit Juices include any unspecified fruit juice or any 100% combination fruit juice, such as Juicy Juice

²Green Salad includes tossed salad, lettuce salad lettuce tomato salad, mixed vegetable salad, reported unspecified vegetable salad and all other

³Tomato Sauce includes pizza sauce and spaghetti sauce

⁴Non-Fried Potatoes includes baked potato, mashed potato, scalloped potatoes, potato salad, and reported unspecified potatoes:

⁵Veggies on Sandwich/Taco includes reported lettuce, tomato, or other vegetables on sandwich, taco, burrito, etc

Shaded boxes or a box around a group were tied for a ranking.